



Retirement Groove: Finding Yours!(TM): A make-sense book about the soft side of retirement

Alexis Leclair

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In retirement, did you expect to be asking “What’s missing?” Retirement has always been a huge life change. Although we still call it by the same name, today’s retirement is different. It’s longer. It’s healthier. Options are diverse. Our needs and expectations may not be the same as generations before us. For some of us, a time in retirement may come – earlier or later – when all the activities that fill our time are simply not enough. Not enough to be satisfying. Not enough to be meaningful. We search for more. We search for what’s missing. This book tries to make sense of how that particular time feels and how to handle it. With this understanding, we may be able to answer the question “What’s missing?” and then move on to find what’s next: our retirement groove.

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